PURE GELATO SERVES MORE THAN JUST THE ITALIAN TREAT
LUNCH RUSH {page 18}

LESSONS FROM AMY
COLD TURKEY NOT THE WAY TO QUIT BOTTLE, EXPERTS SAY {page 16}

CANADA SINGS
VANILLA ICE JUDGES NEW COMPETITION
{page 13}

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OTTAWA metro®
Tuesday, August 2, 2011
www.metronews.ca
News worth sharing.

MIKE CARROCCETTO/FOR METRO

▶ Ottawa police are investigating the fatal stabbing of Henry (Hugo) Belmore outside a newly opened Shoppers Drug Mart on Rideau Street near Nelson on Sunday. Belmore left a trail of blood.

Man speaks out on friend's death

◐ Sixth homicide this year ◐ Post-mortem conducted yesterday

STEVE COLLINS/METRO

▶ John O'Mara sits on the ground near the Ottawa Mission yesterday.

The homeless man who saw his friend stabbed to death early Sunday morning says residents at the Ottawa Mission aren't happy he's speaking to media about it — but he believes it's vital to speak up.

"The more aware and the more angry people are about this, the closer we are to cleaning it up and stopping it," said John O'Mara, who was with Henry Belmore as he died on the sidewalk near the Shoppers Drug Mart on Rideau after an altercation with two other men.

"We all knew him as Hugo," O'Mara said. "We didn't know his name was Henry until after he was dead. I found out his name was Henry at the police station."

The two had met at the Ottawa Mission about three weeks ago, O'Mara said, and bonded over a common love of comic books. As they spent Sunday drinking beer, Belmore grew increasingly argumentative with people they encountered.

They were headed to a Rideau Street Mac's Milk for snacks shortly before 1 a.m. when Belmore got into a shoving match with two other men. After the strangers walked away, Belmore started bleeding heavily and collapsed, O'Mara said.

"It wasn't until they were away from me that I realized what they had done to him," O'Mara said.

O'Mara ran into a nearby Pizza Pizza calling for help.

Anyone with information is asked to contact the Ottawa police major crime unit at 613-236-1222 ext. 5493.

"People are coming up to me saying, 'You shouldn't be talking to the papers.' I shouldn't be telling people about my friend's murder?"
JOHN O'MARA

● STEVE COLLINS

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Security not a concern, imam says

Ramadan is a time for spiritual reflection and prayer for Muslims across the globe. But it's also a time for mosques to be vigilant, says a national non-profit Muslim association.

The Council for American-Islamic Relations Canada is urging Canadian mosques to take higher security precautions in the wake of the recent attacks in Norway, which were fuelled by anti-Islamic sentiment.

The non-profit organization released a "Muslim Community Safety Kit" that advises mosques to request police patrols and install surveillance cameras as safety precautions.

Dr. Zijad Delic, imam of the South Nepean Muslim Community, said that while the guidelines are helpful, extra precautions aren't necessary for his congregation.

JESSICA SMITH/METRO

▶ Dr. Zijad Delic

"I don't think that individuals would walk in and try to do anything because our community has such good relations with the area," Delic said. "I know that some mosques in Montreal really need them because those mosques have been vandalized on several occasions."

Delic brushed off a hate crime that occurred last year, when a sign on Woodroffe Avenue announcing the site of a new mosque was defaced with discriminatory messages.

"There will always be lone wolves who do damage to the community," Delic said, but the best way to combat anti-Islamic ideology is through education and openness, he added. ● JOE LOFARO

Blood, toil built the canal

Col. By's workers lie in unmarked graves along the banks

AMEN JAFRI
OTTAWA@METRONEWS.CA

Among the visitors milling near the Rideau Canal, peeking into the Bytown Museum or enjoying the Celtic-inspired bands on Colonel By Day, a small crowd gathered for a moment of silence.

"It's hard to imagine, as we look today on the beautiful, calm, crystal waters of the canal … what it must have been like for all those labourers," said Hilary Reilly, deputy head of mission at the Embassy of Ireland.

Reilly was one of three speakers yesterday at the annual memorial ceremony, organized by the Ottawa District and Labour Council, in honour of the labourers who died building the canal from 1826 to 1832.

"Theirs was not a life of pleasure and leisure, but of long and difficult toil, of hard manual labour, hewing out a canal."
HILARY REILLY, DEPUTY HEAD OF MISSION AT THE EMBASSY OF IRELAND

During the seven-year construction of the canal, overseen by Col. John By, 1,000 workers lost their lives to accidents and disease.

Approximately 500 of the workers were Irish immigrants. Others were aboriginal and English- and French-Canadian.

Tracey Dixon, president of the Irish Society of the National Capital Region, paid tribute to "the lives that were lost to make this canal what it is today … a marvel of architectural work."

AMEN JAFRI/FOR METRO

▶ Allan Meltzer, dressed as Col. By, stands beside the Gray Celtic Cross, erected along the Rideau Canal to mark the deaths of the labourers who built it.

Missing boater rescued

After a night at the beach drinking by a bonfire with friends, a young man stepped into a rowboat — without a PFD or cellphone — at about midnight on Sunday and went missing for four hours, Ottawa Fire Services spokesman Marc Messier said.

A search-and-rescue crew tracked the man down on the Ottawa River at 4:13 a.m., between Baskin's Beach and Breckenridge, Messier said.

Ottawa Fire Services dispatched two water rescue boats after the man's girlfriend, concerned for his safety, called for help.

The man did not appear to be distressed when the fire crew brought him back to shore.

16 The number of firefighters who helped rescue the man who went out in a rowboat on Sunday without a PFD.

● AMEN JAFRI

News in brief

Carling bridge open again

ALL IN A DAY'S WORK. Using cutting-edge technology, workers replaced the Carling Avenue eastbound bridge in just under 17 hours. Usually a bridge replacement takes nine to 12 months. ● METRO

Lumière fetes arts and artists

LIGHT YOUR FIRE. The Ottawa Lumière Festival, "a celebration of light and community," kicked off yesterday. Twenty days of activities, including a 24-hour photo marathon, culminate in the Evening of Light Celebration on Aug. 20. Call 613-745-2742 or go to lumiereottawa.com. ● METRO

1 news

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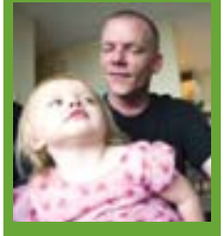

The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a homeless shelter. Video at metronews.ca

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Residents happy they stayed back during fires

It was more boring than smoky in Kingfisher Lake, according to some locals who chose to remain behind

JESSICA SMITH
@METRONEWS.CA

As the last of the Kingfisher Lake First Nation evacuees returned home from Ottawa yesterday, some who stayed in the community say they're glad they didn't leave.

"There was no smoke, maybe a little bit," said Saloma Sainnawap, who stayed and worked as a waitress at the Omahamo Hotel Complex.

Sainnawap said she was never really worried about the smoke or the risk of fire.

When the first group of evacuees left, some people were saying everyone should be flown south, said Anglican mission worker Michelle Landis. But as it turned out, there was less smoke while most of the community was gone than before they left, she added.

With so many people away, it was "sort of boring" for the people who stayed behind, said Landis.

"When they left, there wasn't that much for us to do," she said.

"We were spending time with some of the children who were really bored because all of their friends were gone."

About eight kids stayed behind, she added.

Almost 300 Kingfisher Lake residents stayed in Ottawa at an Algonquin College residence from July 21 and 22 till yesterday while forest fires burned in northwestern Ontario. Most of the evacuees were young children, elderly or had medical conditions.

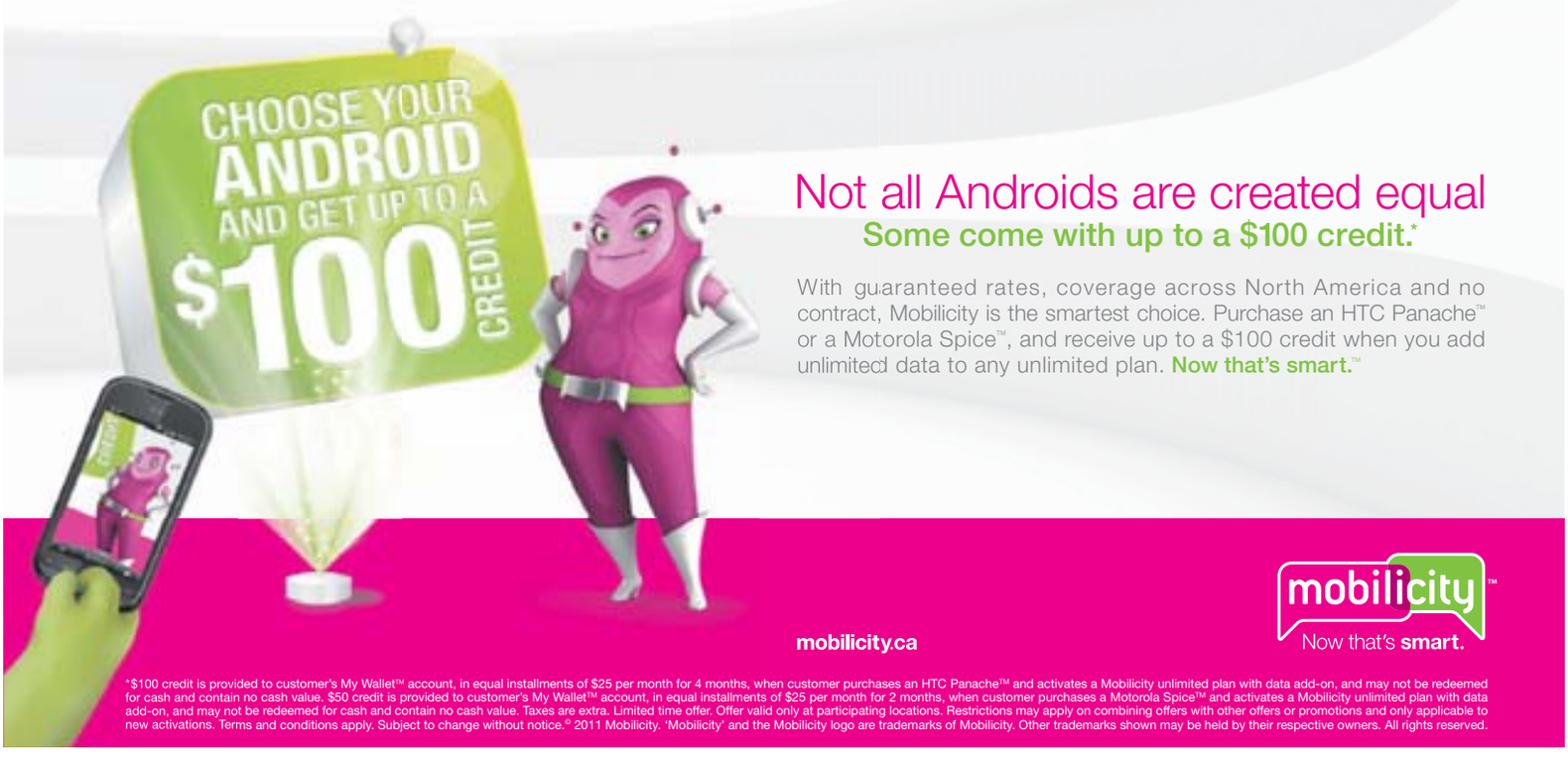
Balancing. Act

▶ Frank Ablert of the Stunt Double Circus balances on top of his partner, Earl Strongquad, during a performance at the BuskerFest 2011 on Sparks Street yesterday.

JOE LOFARO/METRO

Enjoying BuskerFest performances

Hundreds of people filled the Sparks Street Mall on the last day of BuskerFest yesterday to catch a final glimpse of unicycle and fire-eating acts. Five sites stretched along Sparks Street with performers including The Fire Guy, Trulee Odd Show and Stunt Double Circus who dazzled passersby before the grand finale. This year's event helped raise money for the Children's Wish Foundation.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IGO Cyber House Inc: 223 Bank St
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RB Computing: 235 Stafford Rd West #101

Hundreds Expected to Cash In Today by Selling Silver & Gold Coins During Record High Market!

By DAVID MORGAN
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1965. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over $100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 1894S Barber, sold for a record $1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1965 contain 90% silver and are sought after any time silver prices rise. Right now it's a sellers market he said.

The rarest coins these collectors are looking for include $20, $10, $5 and $2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewelry, dental gold or anything made of gold on the spot. Gold is currently trading at over $1,500.00 per ounce near an all time high. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot – it has been an unknown fact that coin dealers have always paid more for jewelry and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If your're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

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Tunnel. Collapse

▶ Engineers yesterday inspect a concrete slab that fell Sunday on a major expressway in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Fallout in Montreal

No one was injured in the collapse on the Ville-Marie expressway, the latest in a series of incidents that point to the city's crumbling infrastructure.

Fighting the 'Millennium Scoop'

Poverty, addiction, history, politics have conspired to separate First Nations children from their parents

John Beaucage has given the heartbreak he sees around him a name: The "Millennium Scoop."

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school system. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

Instead of being at home with their parents, brothers and sisters, tens of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

THE CANADIAN PRESS

Jeremy's story

- Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia, pictured at left, has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.
- He is unable to care for himself and authorities want to send him to an institution out of province.
- His mother, Maurina Beadle, who suffered a stroke last year, has launched a formal court challenge.
- She argues that if her son were off-reserve, he would be entitled to far more funding and services than he is receiving now — funding and services that would enable her to keep Jeremy at home where he belongs.

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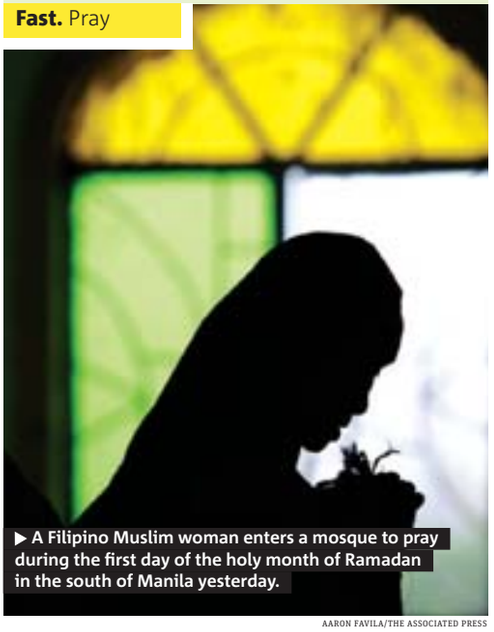

▶ A Filipino Muslim woman enters a mosque to pray during the first day of the holy month of Ramadan in the south of Manila yesterday.

AARON FAVILA/THE ASSOCIATED PRESS

Ramadan underway

Religious authorities in most of the Middle East declared yesterday the start of the holy month of Ramadan, a period devoted to dawn-to-dusk fasting, prayers and spiritual introspection.

A tense month for parts of Arab world

Uprisings and unrest have cast a pall on the start of Ramadan

From Syria to Libya and Egypt, the traditional focus on piety during the holy month is likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian leaders — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

There is no sign that opposition forces will ease up on protests — even with the difficulties of the month of dawn-to-dusk fasting that began yesterday.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces are escalating their crackdown on protesters, killing 74 people on Sunday, with violence only expected to intensify throughout the holy month.

Egyptian forces chased off dozens of activists yesterday who had refused to end four weeks of renewed protests at Tahrir Square to pressure the country's transitional military rulers.

In response to the pressure from a new round of protests, the judiciary is promising to put ousted president Hosni Mubarak, his security chief and his two sons on trial this week for a range of charges from corruption to ordering the killing of protesters during the uprising.

THE ASSOCIATED PRESS

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The Save the Freight offer does not apply to the 2011 Dodge Grand Caravan Canada Value Package (29E). $19,995 Purchase Price applies to 2011 Dodge Journey SE Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. **Taxes on the full negotiated purchase price are payable at the beginning of the contract term resulting in higher payments than payments taxed on a periodic basis and are not reflected in advertised payments. The following terms apply to TD Financing Services contracts: **(Different contract terms apply to Ally Credit Canada offers. 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Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and wear and tear charges, any retailer administration fees and other applicable fees and taxes), or purchasing their vehicle for the pre-determined residual balance. ‡2011 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $23,995 financed at 3.99%/6.49% APR over 36/36 months with $5,149/$4,799 down payment equals 36/36 bi-weekly payments of $99/$99 and one final payment of $13,015/$8,875 for a cost of borrowing of $1,924/$2,481 and a total obligation of $25,918/$24,276 ($19,995 Purchase Price + $5,923/$4,281 cost of borrowing). ‡‡2011 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $20,995 financed at 3.99%/6.49% APR over 36/36 months with $5,149/$4,799 down payment equals 78 bi-weekly payments of $99/$99 and one final payment of $13,015/$8,875 for a cost of borrowing of $1,924/$2,481 and a total obligation of $25,918/$24,276 ($20,995 Purchase Price + $4,923/$3,281 cost of borrowing). ‡‡‡2011 Dodge Journey SXT shown. Price including applicable Consumer Cash Discount: $24,995. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailers may sell for less. §2011 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount: $29,530. 2011 Dodge Journey SXT shown. Price including applicable Consumer Cash Discount: $29,995. ◆Loyalty Bonus Cash is available at participating retailers to eligible retail customers on the purchase/lease by August 2, 2011 of a new 2010/2011 Chrysler, Jeep, Dodge, Ram model (with the exception of 2010/2011 Ram 1500 Regular Cab and Ram Cab & Chassis Cab 4x2 and 4x4, 2010/2011 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2 and 4x4, 2011 Jeep Compass and Patriot Sport 4x2 and Sport 4x4, 2010/2011 Jeep Wrangler Sport, 2010/2011 Dodge Journey SE, 2010/2011 Dodge Grand Caravan CVP and Cargo Van (C/V) and 2012 RAM 1500) and is deducted from the negotiated price after taxes. Eligible customers include those who had entered into a new Chrysler, Jeep, Dodge, Ram vehicle Financial Lnx or God Key Lease with a maturity date from July 1, 2011 forward. Some conditions apply. See your retailer for complete details. ◇Based on 2011 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. 2011 Dodge Grand Caravan SXT – Hwy: 7.3L/100 km and City: 12.2L/100 km. 2011 Journey SE CVP & SE Plus – Hwy: 7.5L/100 km and City: 10.8L/100 km. ■Based on Ward's 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ^Based on January 2010 through May 2011 R. L. Polk sales/registrations. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. "SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. "Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.**

HEALTH CARE

Birth control to be covered in U.S.

Health insurance plans must cover birth control as preventive care for women, with no copays, the Obama administration said yesterday in a decision with implications for health care as well as social mores.

The requirement is part of a broad expansion of coverage for women's preventive care under U.S. President Barack Obama's health-care law. Also to be covered without copays are breast pumps for nursing mothers and other services.

"These historic guidelines are based on science and existing (medical) literature and will help ensure women get the preventive health benefits they need," said Health and Human Services Secretary Kathleen Sebelius.

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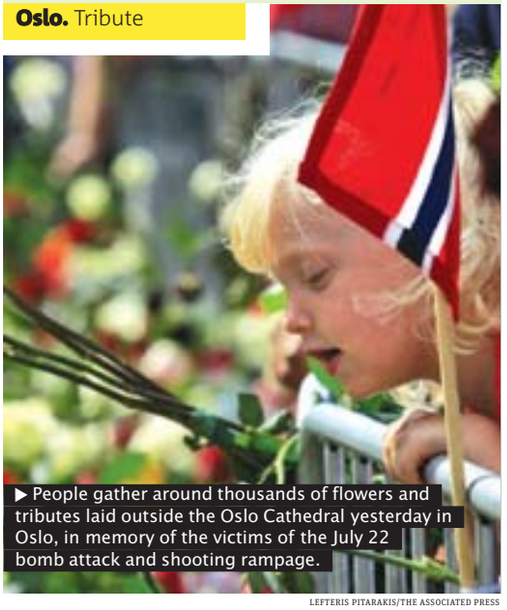

▶ People gather around thousands of flowers and tributes laid outside the Oslo Cathedral yesterday in Oslo, in memory of the victims of the July 22 bomb attack and shooting rampage.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Norway attacker confesses

Anders Behring Breivik, a 32-year-old Norwegian extremist, has confessed to setting off a car bomb that killed eight people in downtown Oslo and then gunning down scores of youth from the left-leaning Labor Party at their annual retreat on an island northwest of the capital.

'Promising' lead surfaces in legendary hijacking case

The FBI says it has a "credible" lead in the D.B. Cooper case involving the 1971 hijacking of a passenger jet over Washington state and the suspect's legendary parachute escape.

The fate and identity of the hijacker dubbed "D.B. Cooper" has remained a mystery in the 40 years since a man jumped from a Northwest Orient Airlines 727 flight with $200,000 in ransom.

The recent tip provided to the FBI came from a law-enforcement member who directed investigators to a person who might have helpful information on the suspect, FBI spokeswoman Ayn Sandalo Dietrich told the Seattle Times on Sunday. She called the new information the "most promising lead we have right now."

THE ASSOCIATED PRESS

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▶ U.S. Senate Majority Leader Harry Reid

NYSE SURGES, SLUMPS

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the stock market opened, the Dow Jones industrial average jumped 139 points, but it fell as many as 145 points after the Institute of Supply Management said U.S. manufacturing barely grew last month. The Dow recovered some of its losses in the afternoon and was down 10.75 points at closing.

Analysts had expected stronger U.S. manufacturing growth. And many had expected the market to rally yesterday because President Barack Obama and Congress agreed to raise the U.S. borrowing limit by $2.1 trillion and cut at least $2.4 trillion in spending over 10 years. The House is expected to vote on the measure today.

THE ASSOCIATED PRESS

Restaurants 'zapping' sales records: Taxman

- 'Phantom-ware' being used to erase sales data, dodge taxes
- Fraud suspected in 34% of all electronic sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated $141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected fraud, each with an average of $1 million in hidden sales. Much of the trickery involved hard-to-trace cash transactions such as paying employees and suppliers in cash while not claiming the expense.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar (BMO)
Closed for holiday	– 0.02¢ (104.64¢ US)
Oil	**Natural gas**
– 81¢ ($94.89 US)	1,000 cu ft $4.188 US (+ 4.3¢)
	Gold
	contracts $1,621.70 US (– $9.50)

The fraud has been detected so far only in the food-and-beverage sector, as well as at one grocery store in Quebec.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumbdrive or CD that does the same work.

The federal agency detected the first "zapper" case only in 2006, in Vancouver. Revenue Quebec, on the other hand, has rooted out more than 200 "zappers" since 1997, and is considered a world leader in such investigations.

As of Sept. 1 last year, the Quebec government has required restaurants in the province to issue bills to their clients and to keep a copy of each bill, as a measure to fight "zappers" or "camoufleurs de ventes."

CRA spokesman Noel Carisse says two cases of zapping have been successfully prosecuted, resulting in fines and jail time, and charges have been laid in six other instances. Other cases are under investigation.

THE CANADIAN PRESS

Russians say 'da' to Canadian beef

Canadian beef producers are looking to Russia as they wrestle with the high loonie, soaring costs and declining sales to the United States. Beef exporters have been wooing Russians since their government lifted a four-year ban on Canadian beef in 2007.

Industry Canada figures show their efforts are paying off, with exports hitting nearly $16 million in 2010, up almost tenfold from 2009, though a drop in the bucket compared to U.S. sales, which rang in at just under $1 billion last year. THE CANADIAN PRESS

Airline, union reach deal

Air Canada has reached a tentative collective agreement with the union representing about 6,800 flight attendants, the Montreal-based carrier said yesterday. It did not release details. The deal must still be ratified. THE CANADIAN PRESS

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HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringeworthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight per cent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty per cent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" 41 per cent answered, "When she sleeps with her 10th sex partner."

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

"Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence, we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity."

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence, we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll). As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy What's Your Number? In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: For women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

'Volunteering is an opportunity to leave the world a much better place'

NEWS WORTH SHARING

Media will always have to report on the tough stuff.

But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

When you hear about Rasha Al-Katta, you might think every community needs a thousand people like her.

But Rasha will tell you anyone can do what she does.

The third-year University of Ottawa student volunteers as an English-as-a-second-language teacher, a translator for the Arabic community at a community health centre, she is co-chair of the United Way Ottawa's Youth Action Panel, and more.

"I have always been inspired by the concept of each and every person being able to make a difference," says Rasha.

"For that reason, I began volunteering to give back to my community both locally and globally," she said.

She went on to say, "To me, volunteering is an opportunity to leave the world a much better place."

Rasha also received the 2011 United Way Community Builder Award.

CRAIG AND MARC KIELBURGER

Help the good news get around.

Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@rozeexo:** in ottawa, i took a tour in the RCM (: it was so cool to see how the coins are made! :D
- **@ValleyGirl1976:** Anyone want to go to Ottawa for NKOTBSB on thursday with me??? 2nd row for face value!!!!
- **@snobiwan:** Right, have all the Ottawa theatre companies launched their seasons now? Can I plot out opening nights?
- **@simplyraw:** Happy Colonel By Day Ottawa! #ottawa #ottcity
- **@Nat78:** Good morning! Another hot one in Ottawa, perfect day to lay by the pool :) Enjoy your day friends!
- **@JesseRose24:** @kennychesney ten days til I see u in #Ottawa @#CapitalHoedown!! Watch for me in the front row!
- **@RealAmanda:** Ottawa Jail Hostel Party! This Friday Aug 5th! For details: http://t.co/vllYyon #ottawa #hostelling
- **@bulliesinneed:** Lost Dog Alert: Carling and Kirkwood area in #Ottawa http://t.co/jVEMX7s

Cartoon by Michael de Adder

WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Micah Calamosca, out of the car.

He says the suspect told him he was part of filming for The Dark Knight Rises and that taking the vehicle was in the script.

MARK ANDERSON/FLICKR

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. THE ASSOCIATED PRESS

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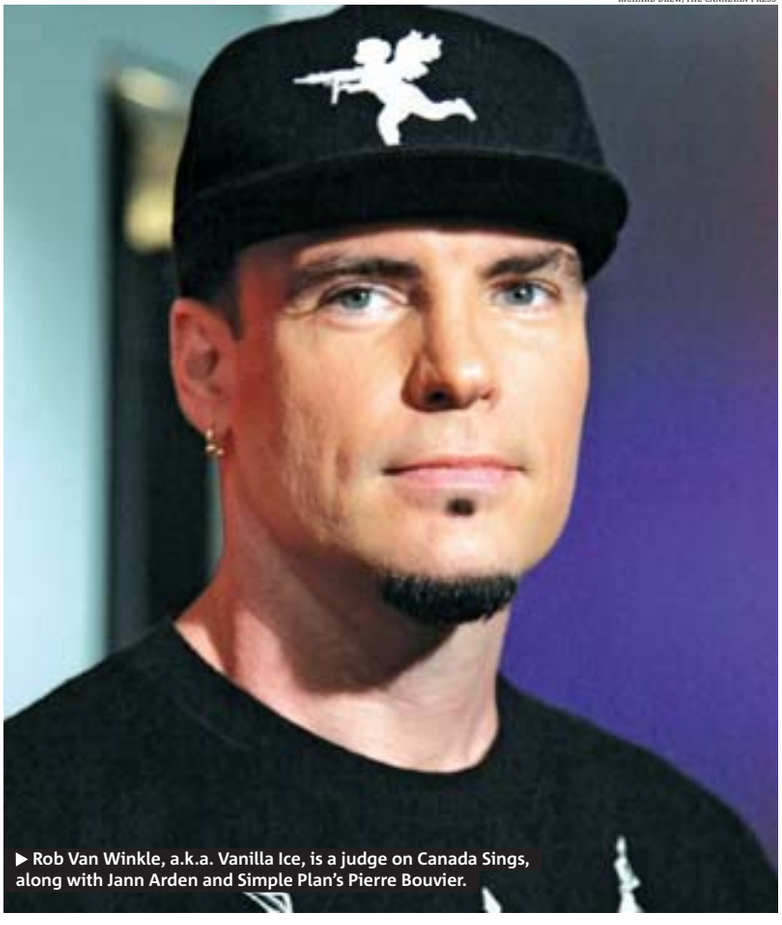
Not just another Idol

Canada Sings features ordinary workers performing Glee-level routines ◐ Judge Vanilla Ice sees a lot of untapped talent on new show

RICHARD DREW/THE CANADIAN PRESS



▶ Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer.

More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, called The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian standards, $10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with characters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

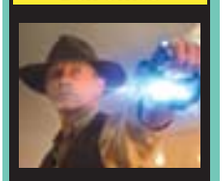
Then there are the endless built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and GoodLife Fitness are probably down with their employees getting national network face time.

Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

2 scene

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office. According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with $36.2 million.

THE ASSOCIATED PRESS

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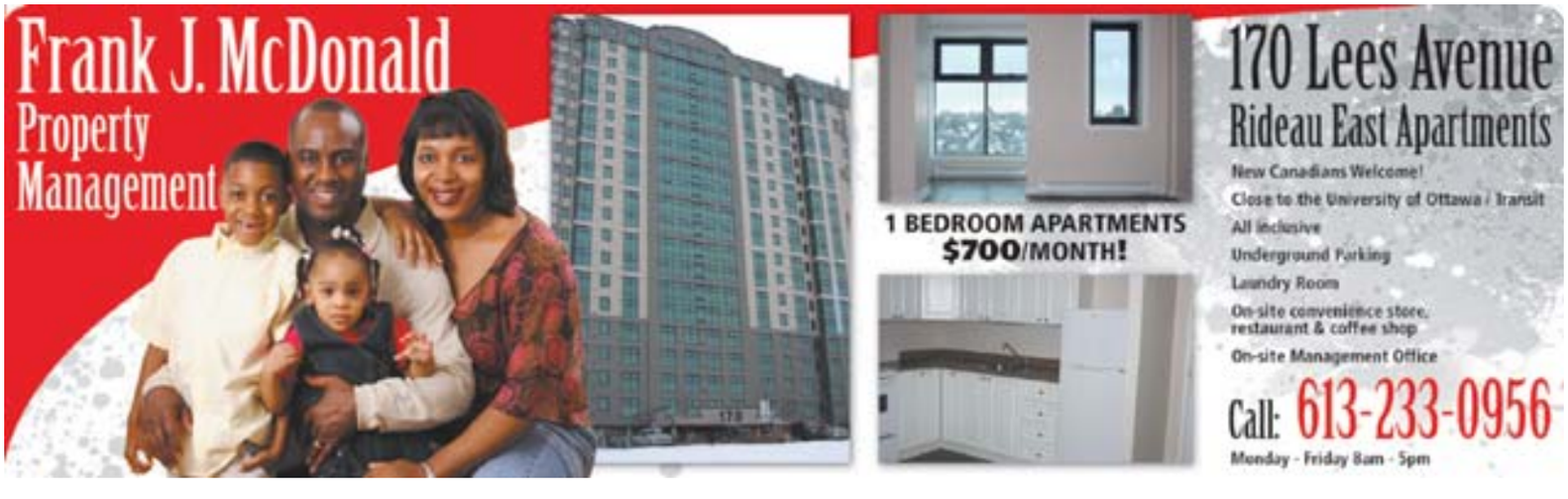

Was singer preparing to become a mother?

The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Danika Augustine, says. "I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

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Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

METRO

Celebrity tweets

"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld

@EllenPage

"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

Arnold Schwarzenegger

Maria Shriver

Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."

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ISTOCK PHOTOS

▶ Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

New study shows eating certain nuts can help manage Type 2 diabetes The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients

CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet … such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it. These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

3 life

Go nuts

Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE

For more Life content, please visit metronews.ca/life

Learning from Amy

Cold turkey wrong way to quit the bottle, experts warn after details of Winehouse death begin to surface

FILE PHOTO/THE ASSOCIATED PRESS

▶ British singer Amy Winehouse performs during her concert at the Volkshaus in Zurich, Switzerland. Winehouse was found dead July 23, by ambulance crews who were called to her home in north London's Camden area.

Alcoholics everywhere are being warned not to go cold turkey when trying to put down the bottle following reports singer Amy Winehouse ignored her doctor's advice to cut down on her heavy drinking gradually.

Britain's Sun tabloid is citing family sources as saying the 27-year-old Rehab singer died a week ago as a result of a seizure brought on by a sudden three-week abstinence from booze.

According to the report, the family believes her tiny frame could not cope with the loss of alcohol in her veins after many years of binge drinking.

Now, Canadian addiction specialists are confirming that such a dramatic withdrawal from drugs or alcohol can indeed prove lethal.

"To go to zero is extremely dangerous because the body develops a level of chemical requirement," said Rob Hadley, program director at the Vancouver Addiction Centre. "To not have that met, one literally does go into shock."

Addiction

Winehouse, who was found dead in her London apartment last Saturday, had struggled for years with drugs and alcohol.

Details She had managed to quit her drug dependency three years before her death, her father said at her funeral. But Mitch Winehouse also said she was struggling to control her drinking after a few weeks of abstinence.

Quitting requires addicts to get treatment from professionals that will reduce dependency without risking their health, he said. The Vancouver Addiction Centre eases addicts onto less concentrated alcohols such as beer or wine for one to two weeks and gradually eases them down from there, said Hadley.

Alcohol slows the heart down because it's a depressant, said Daniel Jordan, the director of the Sunshine Coast Health Centre. This can cause those who are attempting to quit cold turkey to suffer a seizure or heart attack.

Unlike the Vancouver Addiction Centre, Jordan's facility gives alcoholics Valium in order to reduce the risk of injury in attempting to quit.

"Alcohol is one of the most dangerous drugs to detox from," said Jordan. "The chance of dying from a withdrawal from alcohol is actually much more dangerous than heroin."

Addicts should only continue drinking alcohol to ease themselves off of their dependency if they don't have access to a hospital or an addiction centre where they can get help, said Jordan.

THE CANADIAN PRESS

ISTOCK PHOTOS

Canada unaffected by new dose

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever in the United States to lower risk of accidental overdose.

The company's McNeil Consumer Healthcare Division says the change affects Extra Strength Tylenol sold in the U.S.

Labels on the U.S. bottles will now list the maximum daily dose as six pills, or a total of 3,000 milligrams, down from eight pills a day or 4,000 milligrams.

The change does not affect Canada.

The maximum daily dose for Extra Strength Tylenol in Canada is eight pills or 4,000 milligrams per day. Health Canada reviewed the change but made no recommendations.

THE CANADIAN PRESS

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The weighty issue facing South Asians

New study shows fat collects on their internal organs like the liver

Some weight-conscious people say calories go right to their hips — but new research indicates that for South Asians, fat cells can make a beeline for their internal organs such as the liver.

The discovery provides some backing for the message that Canadians whose families originated in the Indian subcontinent should aim to burn off excess calories.

South Asians have more risk factors for heart disease, including Type 2 diabetes, low good cholesterol and more abdominal obesity, according to previous studies by McMaster University in Hamilton and the Population Health Research Institute.

This time, the team took a deeper look inside the body — a different approach from their population studies of the past.

"We measured many more things, including performing a fat biopsy and a muscle biopsy, MRIs of the abdomen and the liver, and we did this much more intensive, invasive examination in fewer patients to try and understand the mechanisms," said Dr. Sonia Anand, a professor of medicine and epidemiology.

THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS

▶ Dr. Sonia Anand

The study

Details The comparative study, sponsored by the Heart and Stroke Foundation of Ontario, was published Thursday in the medical journal PLoS ONE. It involved 108 healthy South Asians and Caucasians with an average age in mid-30s.

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EXERCISE... IT'S GREAT FOR YOUR TEETH!

It seems strange to think that the time you spend in a spinning class or moving those weights around could be good for your oral health. But some studies have suggested that it is not just your legs, hips and waist that can benefit from a little sweat equity!

One study in particular out of Case Western University in the United States is quite interesting. It found that individuals who participated in regular exercise routines, maintained a healthy diet and kept their weight within a normal range were **40% less likely to suffer from gum disease.**

It should obviously be pointed out that exercise alone was not responsible for the improved oral health. Individuals who performed well in this study also had a tendency to eat better. Proper nutrition is instrumental to overall health as well as oral health.

For example, **healthy eating habits help build up the body's defenses against disease.** The better your nutrition, the more capable your body is to fight off common ailments such as a cold or the flu.

However, proper nutrition combined with exercise may also reduce the risk of gum disease by **reducing the amount of plaque biofilm on the teeth.** Biofilm is a build-up of bacteria. Researchers concluded that a healthy body that has been fed a nutritious diet may be better equipped to fight off the invasive bacteria in biofilm just like it would a cold or flu virus.

Dr. David Lui
Dental Surgeon

Exercise can also be beneficial for your oral health on a number of different levels. Firstly, exercise is vital to maintain a healthy bone density, particularly as we age. This is obviously a concern to prevent broken hips or limbs from falls.

However, **good bone density also helps keep the jaw bone strong.** The stronger the jaw bone, the more capable it is of supporting your teeth and keeping them in place.

Secondly, exercise has been cited as a contributing factor to reducing what is known as **C-reactive protein** in the blood. This protein is associated with **inflammation in the heart**. It is also associated with **periodontal disease**. In other words, what reduces the risk of heart disease may also reduce the risk of gum disease.

Obviously, eating right, exercising and maintaining a healthy weight will not be sufficient on their own to properly look after your oral health. You will still need to brush and floss daily and visit your dentist regularly.

Still it is interesting to consider how the body is so interrelated. All that fattening, high sugar food that we use to say "goes over the lips and onto the hips"? Now we can see how burning it off the hips looks after our lips!

This is just one more reason to add balance to your life with healthy eating and exercise. Because maintaining that balance is a healthy habit…and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

This isn't purely gelato

It may be called Pure Gelato but this eatery also offers a variety of crêpes

SHARI GOODMAN

▶ A crêpe stuffed with ham, cheese and tomato.

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Pure Gelato is not purely about gelato. It also serves a variety of savoury crêpes for the lunchtime crowd.

Surrounded by the sunny orange and mint green walls, I settled onto one of the modern stools at the window.

Pure Gelato
350 Elgin St.
613-237-3799
Social lunch: Yes
Client negotiations: No
Quick solo lunch: Yes
Price range: $
Rating: 4 out of 5

Anything tastes better wrapped in a crêpe. The flavoursome thin pancake pocket that I ordered was stuffed with regular sliced deli ham and kissed by some cheese, thick-cut tomato and a generous sprinkle of chives. It could have been improved with diced ham off the bone and thinner slices of sun-cooked tomatoes, but it was delicious all the same.

You can't leave without trying one of the on-site-churned signature gelatos. I'm addicted to passion fruit and this one was tangy and fruity, melting over a mini waffle cone.

Though the main attraction at Pure Gelato is frozen treats, the savoury crêpes are worth the visit. Next time, I'll save room for a sweet crêpe, too.

THE CANADIAN PRESS H/O

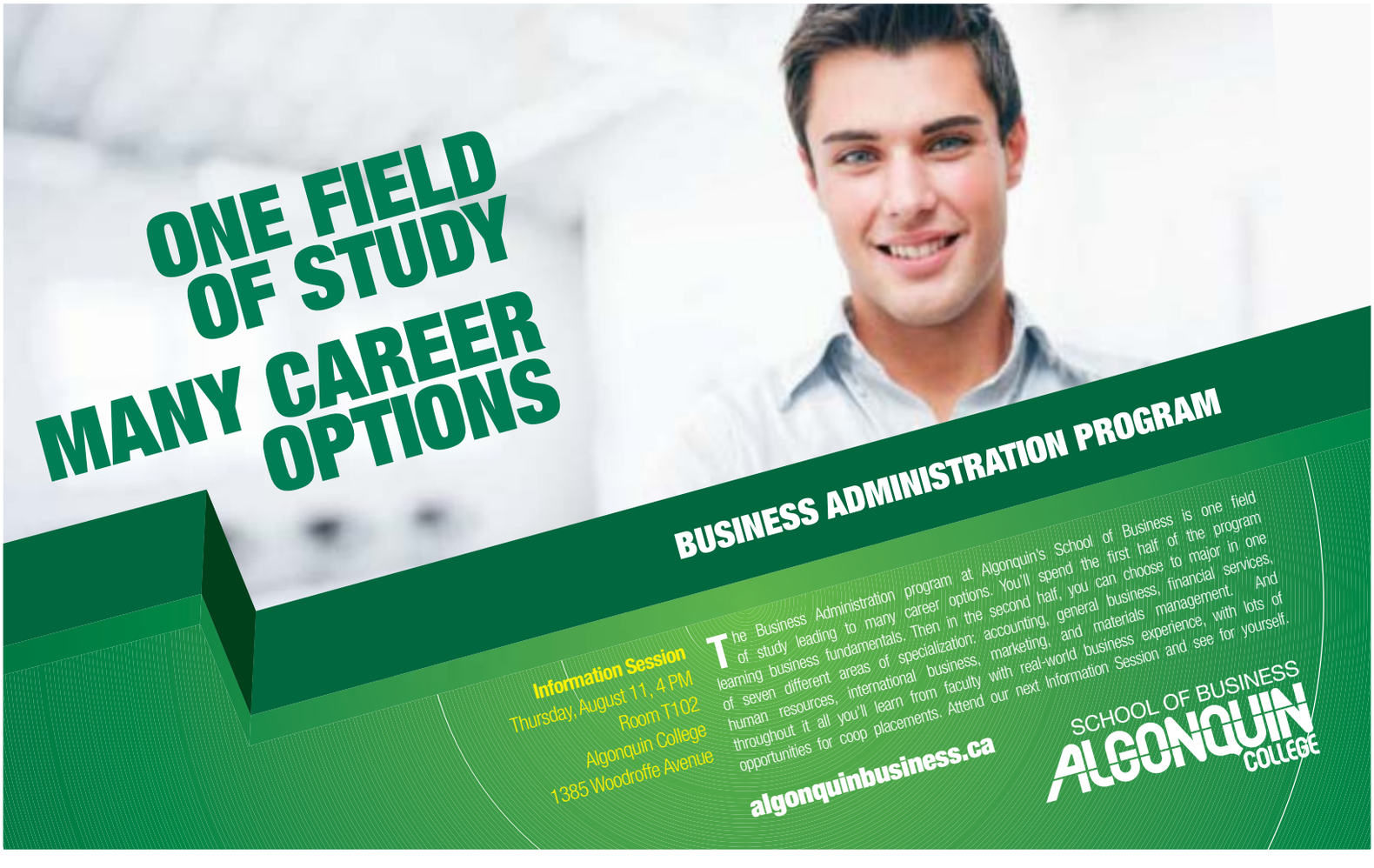
Yogurt Panna Cotta

Preparation:

1. Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.
2. Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.
3. In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.
4. Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. **THE CANADIAN PRESS/ LIBERTE YOGURT**

Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla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YOU CAN'T GO WRONG WITH THE GIFT OF WINE

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:

First, good on you for wanting to bring something! You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

Where is the line between being well-mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry about others' feelings or making others feel comfortable in social situations. These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Wine doesn't cost that much, but it's the thought that counts.

INSTINCT IS EVERYTHING

TWO SISTERS

I met a great guy just as he was ending a previous relationship, and things have been great between us — he is definitely taking it slower than I would, but it feels good and not like a rebound relationship. Recently though he told me he needed space, which I expected, so instead of freaking out on him, I told him I understand. In fact, I handled it so well that he doesn't seem so sure about needing space anymore ... so what do I do the next time he asks to see me? Do it, but not know where we stand, or tell him to take some time and not come back until he's sure of his feelings?

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear not-rebound-girl, I expect that this guy has done some deep thinking since his last relationship, thinking that would require of us mortals more time and space. However, if this isn't the case, as mature and aware as he may sound, he probably isn't quite ready for something serious if his previous relationship was a serious one too. After all, it's human nature to want to dull the pain of a breakup. You may be in danger of becoming the morphine to his car crash.

Despite his best intentions, space is a wise thing for you both.

It doesn't mean prison though: being able to see each other platonically can foster a deeper relationship where you respect each other as complex individuals.

From there, diving into the hot phase again will be that much more fulfilling ... Or you discover he's lame and move on. It's all good.

Claire: Dear NRG, There are no rules for these things, which is a good and a bad thing, because like many emotionally vulnerable situations in your life, it comes down to this: what does your instinct tell you? Do you feel that he wants what you have to give, or simply that he's accepting what you have to offer, because those are two very different things. Do you feel at peace with what you two have, or do you spend your time feeling anxious?

Instinct is everything. Is he open with you about what he's going through? Have you met his friends? Are you taking the same amount of space in his life that you are offering him in yours?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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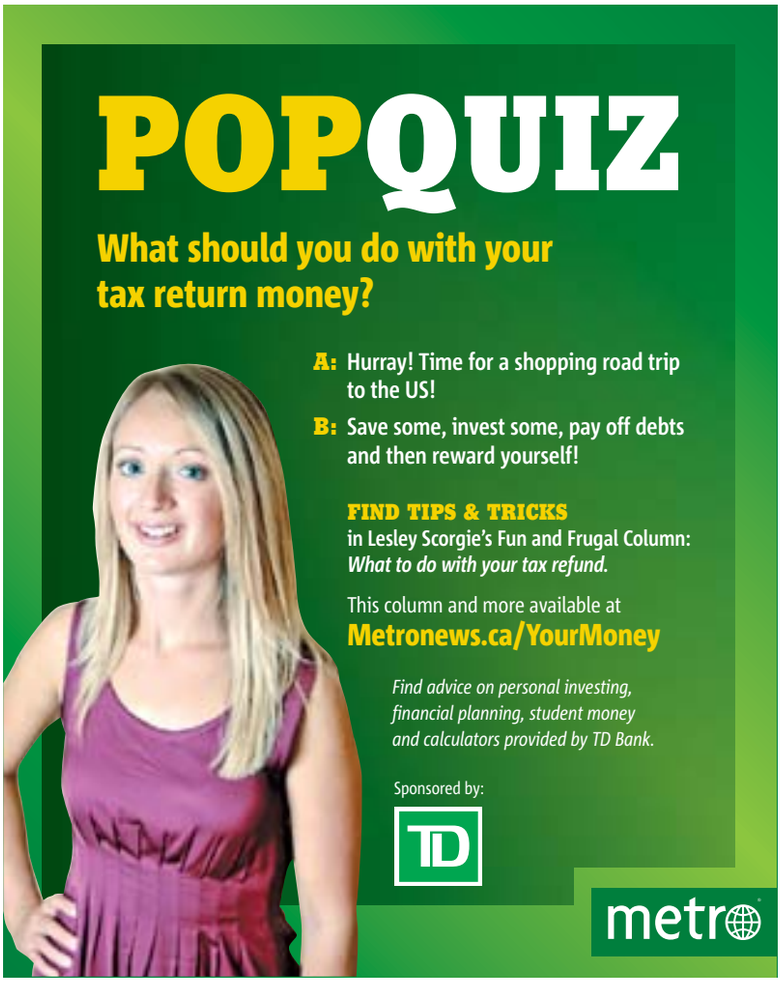
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RACKING UP EXPENSES FOR WORK

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I polled 20 to 40-somethings throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to "look the part."

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost $600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for $50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.

ISTOCK

▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved $2,000 on my home office by hitting up a 'going out of business' sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or EBay.

Many home office expenses qualify for tax credits.

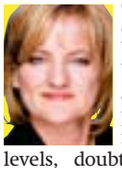
Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

'Just in case' money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture.

All this has created unprecedented pressure to pay down debt, and save for education and retirement.

The implication is that if only you buckle down and follow a plan you will be able to do it all.

Of course, it's a very good idea. And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear.

The ups and downs of living have kiboshed many a savings and debt payment plan.

"Just-in-case money is your greatest defence against the financial stuff life can throw at you." ALISON'S MONEY RULE

My family was rocked 20 years ago when our youngest, Quinn, then four, came within a hair of dying from meningitis.

She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries. Often those events meant detoured careers and postponed retirements.

Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Does this mean you should stop planning and saving? Not at all. However, do build emergency funds (a TFSA is a great place to park the money) into your savings plan.

If you experience a disaster or just an unexpected expense, what you've saved will help cushion the blow.

Even if you slightly reduce retirement or education savings in favour of emergency funds, you'll be better off in the long run because financial stuff does happen.

Oh yes, when the financial you-know-what does hit the fan and you draw down your emergency money, don't mourn — celebrate the fact you have it.

Digital demand is on the rise

There's a growing trend for students to learn more about social media

JON TATTRIE
FOR METRO

Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those who are looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Colombia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business people either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says. "It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Pat Lychak, academic manager of online learning at Algonquin College, says social media courses are hot at her Ontario school.

Also popular is sustainability education for kindergarten to Grade 12 school teachers, early childhood education and an autism and behavioural sciences program.

"We're finding many of our registrants are coming from places like Saudi Arabia, Dubai, as well as Canada," she says. "We have registrants coming out of high school as well as individuals looking for a second career."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing education are pathways to university and professional development.

ESL (English as a second language) brings non-English speakers up to speed ahead of university studies and the Halifax school's vaunted Transition Year Program targets First Nations and African-Canadian people from non-educationally focused backgrounds to allow them to get up to speed.

Dalhousie also sees demand for specific university prep courses.

"(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human resources, occupation health and safety, and IT.

"They're quite generic and can be applied across many different industries, whether it's private or public sector," Andrews says.

ISTOCKPHOTO/THINKSTOCK

▶ More schools are offering courses on how to navigate and use social media for business purposes.

Tailored courses

Universities and colleges also tailor courses for specific employers. Dalhousie University works with local gaming companies to design courses that will teach students the skills they need for jobs at the company. The companies get qualified workers and students know jobs are waiting for them.

Time can be on your side

ALEX NEWMAN
FOR METRO

JOHN HOWARD/LIFESIZE/THINKSTOCK

▶ The key to juggling a hectic pace that may include school, family and work is time management.

Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way.

"I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent hold down full-time jobs, and many have families.

Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams.

The key, she says, is good time management: "Work is work and defined, but juggling the house, child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away.

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4 sports

Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday in his first major league start of the season).

"Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established, but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

The rotation

The most recent performances from the rest of the Jays starters have been solid as well.

- **Ricky Romero** began it by limiting the Baltimore Orioles to four hits over 8⅓ shutout innings in a 3-0 win.
- **Carlos Villanueva** was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.
- **Brett Cecil** dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.
- **Brad Mills** made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, he did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

Quoted

"When I was a little boy, I never expected to have my number retired. I just played the game I love."

ROBERTO ALOMAR. THE BLUE JAYS RETIRED HIS NUMBER 12 ON SUNDAY, THE FIRST RETIRED NUMBER IN FRANCHISE HISTORY. THE TEAM REPORTED A SELLOUT CROWD OF 45,629 FOR SUNDAY'S GAME.

Scan code for more sports news.

Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

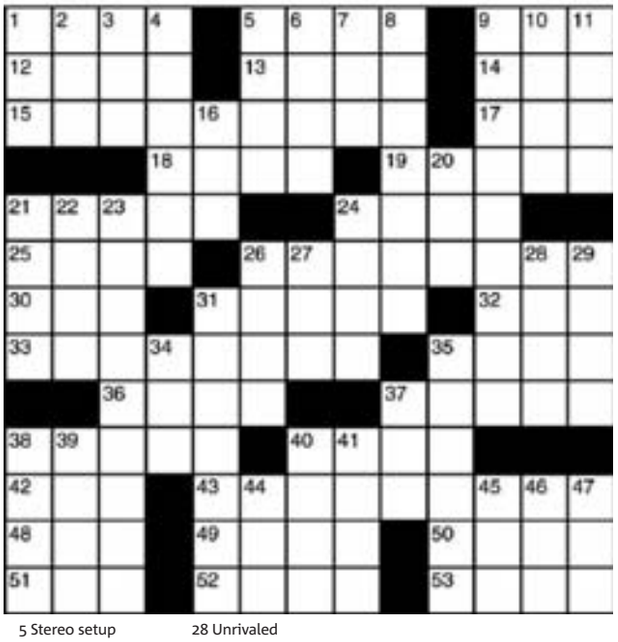
His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES

▶ Randy Moss

Crossword



Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowed down
4 Din
5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

▶ Friday's answer

Sudoku

1	4		6		9		2	5
				4				
	5						8	
		8	7		3	6		
9								4
		5	4		1	2		
	2						7	
				3				
3	7		2		4		9	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Blue Gal
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)
FROM DJ DANCE WITH ME

Matt
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)
FROM R

Ewic
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?
FROM BOO BEAR

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ Taurus April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ Gemini May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ Cancer June 22-July 22 Focus on your career and how you can make extra money from your creative talents.

♌ Leo July 23-Aug.23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ Virgo Aug. 24- Sept. 22 Change yourself and everything else will change too.

♎ Libra Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ Scorpio Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and challenges.

♐ Sagittarius Nov. 23-Dec. 21 Think big, and act big too.

♑ Capricorn Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ Aquarius Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ Pisces Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. SALLY BROMPTON

Caption contest

JAY DIEM, SALISBURY DAILY TIMES/THE ASSOCIATED PRESS

STEVE PARSONS/THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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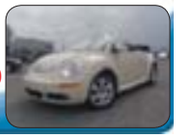
07 Volvo S40
- Load, A/C, Lthr, Auto
- st: 32332
- km: 77729

$14,870
$135** Bi-weekly

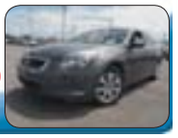
07 Beetle Convert.
- Load, A/C, Lthr, Auto
- st: 32279
- km: 74238

$16,940
$161** Bi-weekly



08 Accord EX
- Load, A/C, Roof, Auto
- st: 32255
- km: 98887

$15,870
$145** Bi-weekly

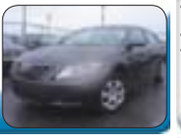


07 Nissan Quest
- Load, A/C, Auto
- st: 32341
- km: 91417

$13,870
$126** Bi-weekly

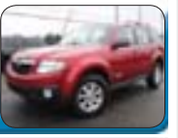
07 Camry LE
- Load, A/C, Auto
- st: 31960
- km: 94029

$12,960
$118** Bi-weekly



08 Tribute
- Load, A/C, Auto
- st: 32421
- km: 70689

$12,850
$117** Bi-weekly



08 Ford Escape XLT
- Load, A/C, Auto, Roof
- st: 32185
- km: 75010

$14,650
$133** Bi-weekly

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10 Mustang Convert
- Load, A/C, Auto
- st: 31839
- km: 53533

$23,850
$185*** Bi-weekly

07 Sienna CE
- Load, A/C, Auto
- st: 32328
- km: 92142

$15,930
$145*** Bi-weekly

07 Calibre SXT
- Load, A/C
- st: 31750
- km: 102450

$7,890
$72** Bi-weekly

07 Montana SV6
- Load, A/C
- st: 31570
- km: 94151

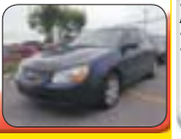
$8,970
$85** Bi-weekly

07 Matrix
- Std
- st: 31443
- km: 91796

$8,850
$81** Bi-weekly

07 Kia Spectra LX
- Load, A/C, Auto
- st: 32399
- km: 63321

$8,360
$76** Bi-weekly



08 Mini Cooper
- Convert, Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

$16,870
$154** Bi-weekly

10 Gr. Caravan SXT
- Stow N Go, Load, A/C
- st: 32523
- km: 48671

$17,980
$146*** Bi-weekly

07 Chevrolet HHR LS
- Load, A/C, Auto
- st: 32196
- km: 53821

$9,460
$86** Bi-weekly

07 Saturn Aura XE
- Load, A/C, Auto
- st: 31687
- km: 81620

$9,660
$88** Bi-weekly

09 PT-Cruiser
- Load, A/C, Auto
- st: 31807
- km: 59071

$8,950
$72*** Bi-weekly

08 Pontiac G5 Coupe
- A/C, Auto
- st: 31249
- km: 68951

$8,650
$79** Bi-weekly

07 Solara SLE
- Load, A/C, Roof, Lthr, Auto
- st: 32417
- km: 95854

$12,740
$116** Bi-weekly

08 Benz B200
- Load, A/C, Auto
- st: 32353
- km: 66500

$17,880
$163** Bi-weekly

07 Sebring
- Load, A/C
- st: 31515
- km: 86262

$9,680
$88** Bi-weekly

08 Ford Focus SE
- Load, A/C, Auto
- st: 31986
- km: 91981

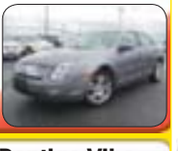
$8,970
$82** Bi-weekly

08 Corolla CE
- Load, A/C, Roof
- st: 32104
- km: 81859

$9,960
$91** Bi-weekly

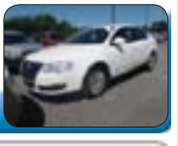
07 Ford Fusion SEL
- Load, A/C, Auto
- st: 32377
- km: 77190

$9,960
$91** Bi-weekly



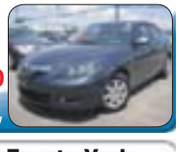
07 Passat
- Load, A/C, Lthr, Auto
- st: 32521
- km: 79395

$14,870
$135** Bi-weekly



08 Mazda3
- A/C
- st: 32241
- km: 34874

$10,820
$99*** Bi-weekly

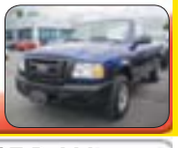


07 Mazda5 GS
- Load, A/C
- st: 32208
- km: 71434

$9,960
$91** Bi-weekly

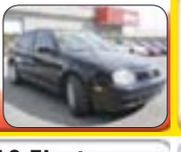
08 For Ranger XL
- Std
- st: 32350
- km: 82025

$9,820
$89** Bi-weekly



07 Golf City
- Std
- st: 31531
- km: 74669

$8,960
$82** Bi-weekly



07 Pontiac Vibe
- A/C, Std
- st: 32044
- km: 95204

$8,950
$88** Bi-weekly

08 Patriot Sport
- Load, Auto, a/c
- st: 32489
- km: 58895

$11,850
$108** Bi-weekly

10 Toyota Yaris
- A/C, Auto
- st: 32451
- km: 55094

$12,760
$103*** Bi-weekly

07 Saturn VUE
- Load, A/C, Auto
- st: 32179
- km: 47893

$10,650
$97** Bi-weekly

07 Rabbit
- Load, A/C, std
- st: 32523
- km: 71325

$11,950
$109** Bi-weekly

10 Elantra
- Load, A/C, Auto
- st: 32282
- km: 53653

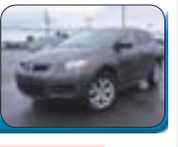
$12,750
$103*** Bi-weekly

08 Altima 2.5S
- Load, A/C, Auto
- st: 32193
- km: 73130

$13,820
$126** Bi-weekly

07 Mazda CX7 GS
- AWD, Load A/C, Auto
- st: 29811
- km: 67352

$15,840
$144** Bi-weekly



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